

3RD MIDDLESEX OPEN KARATE KOBUDO CHAMPIONSHIP 2024
 Venue, St. Helens Sports Centre Greenlane Northwood London HA6 1AF
 Date June 1 Saturday

Kata , kumite , kobudo ka

KARATE VS KOBUDO

Okinawa Gojuryu Kenshikai Karatedo, Kobudo Association
 Affiliate NAKAMAS National Governing Body
 CONTACT ; Keiran Henderson 07973695881 Kumaran 07713918206 Jansi 07711825261
 Email. gojuryukarateclub@gmail.com

1 JUNE SATURDAY 2024



Contact Tournament Secretary& organizer, Keiran Henderson ,Kumaran
 e-mail: gojuryukarateclub@gmail.com | Mobile: 07073695881.07713918206

KATA – INDIVIDUAL			
Category	Code	Category	Code
Girls Kata 5-6 years (10-9 kyu)	GI1	Boys Kata 5-6 years (10-9 kyu)	B01
Girls Kata 5-6 years (8-6 kyu)	GI2	Boys Kata 5-6 years (8-6 kyu)	B02
Girls Kata 5-6 years (5–3.kyu)	GI3	Boys Kata 5-6years (5–3.kyu)	B03
Girls Kata 7-8 years (10-9 kyu)	GI4	Boys Kata 9-10 years (3.kyu+ Dan)	B04
Girls Kata 7-8 years (8-6 kyu)	GI5	Boys Kata 11-12 years (10–4.kyu)	BO5
Girls Kata 7-8 years (5–3.kyu)	GI6	Boys Kata 11-12 years (3.kyu+ Dan)	B06
Girls kata 7-8 years (3.kyu+ Dan)	G07	Boys Kata 13-14 years (10–4.kyu)	BO7
Girls Kata 9- 10 years (10-9 kyu)	GI8	Boys Kata 9-10 years (10-9.kyu)	B08
Girls Kat 9-10 years (8–6 kyu)	GI9	Boys Kata 9-10 years (8–6.kyu)	B09
Girls Kata 9-10 years (3.kyu+ Dan)	GI10	Boys Kata 9--10 years (3.kyu+ Dan)	B10
Girls Kata 11-12 Years (10-9 kyu)	G11	Boys Kata 11-12years(10–9.kyu)	B11
Girls Kat 11-12 Years (8-6 kyu)	G12	Boys Kata 11-12 years (8-6.kyu)	B12
Girls Kata 11-12 Years (5-3 kyu)	G13	Boys Kata 11-12 years (5–3.kyu)	B13
Girls Below 12 years open kata	G0P	Boys Below 12 years open kata	BOP
KATA – INDIVIDUAL			
Girls Kata 13-14 Years (10-9 kyu)	G14	Boys Kata 13-14 Years (10-9 kyu)	B15
Girls Kata 13-14 years (8-6 kyu)	G15	Boys Kata 13-14 years (8-6 kyu)	B16
Girls Kata 13- 14 years (5-3 kyu)	G16	Boys Kata 13- 14 years (5-3 kyu)	B17
Girls Kata 13-14 years (3.kyu+ Dan)	G17	Boys Kata 13-14 years (3.kyu+ Dan)	B18
KATA – INDIVIDUAL JUNIOR			
Female Junior 15-16 Years (10-9 kyu)	C01	Male Junior 15-16 Years (10-9 kyu)	C01
Female Junior 15-16 years (8--6 kyu)	C02	Male Junior 15-16 years (8--6 kyu)	C02
Female Junior 15-16 years (5-3 Kyu)	CO3	Male Junior 15-16 years (5-3 Kyu)	C03
Female Junior 15-16 Years (3.kyu+ Dan)	C04	Male Junior 15-16 Years (3.kyu+ Dan)	C05
KATA – INDIVIDUAL JUNIOR			
Female Junior 17-18 Years (10-9 kyu)	FJ01	Male Junior 17-18 Years (10-9 kyu)	MJ01
Female Junior 17-18 Years(8--6 kyu)	FJ02	Male Junior 17-18 Years(8--6 kyu)	MJ02
Female Junior 17-18 Years (5-3 Kyu)	FJ03	Male Junior 17-18 Years (5-3 Kyu)	MJ03
Female Junior 17-18 Years (3.kyu+ Dan)	FJ03	Male Junior 17-18 Years (3.kyu+ Dan)	MJ03

KATA – INDIVIDUAL U21			
Female U21 19-21 years (10–9.kyu)	F211	Male U21 19-21 years (10–9.kyu)	M211
Female U21 19-21 years (8--6 kyu)	F212	Male U21 19-21 years (8--6 kyu)	M212
Female U21 19-21 years (5-3 Kyu)	F213	Male U21 19-21 years (5-3 Kyu)	M213
Female U21 19-21 years (3.kyu+ Dan)	F214	Male U21 19-21 years (3.kyu+ Dan)	M214
KATA –INDIVIDUAL SENIOR			
Female Senior 22-35 years (10–9.kyu)	F21	Male 22-35 years (10–9.kyu)	M21
Female Senior 22-35 years (8--6 kyu)	F22	Male 22-35 years (8--6 kyu)	M22
Female Senior 22 -35years (5--3 kyu)	F23	Male 22-35 years (8--6 kyu)	M23
Female Senior 22-35 years (3.kyu+ Dan)	F24	Male 22-35 years (3.kyu+ Dan)	M24
Female Veteran 35+ years (10–9.kyu)	FV01	Male Veteran 35+ years (10–9.kyu)	FV01
Female Veteran 35+ years (8-6 .Kyu)	FV02	Male Veteran 35+ years (8–6.kyu)	FV02
Female Veteran 35+ years (3.kyu+ Dan)	FV03	Male Veteran 35+ years (3.kyu+ Dan)	FV03
TEAM -KATA			
Girls Team Kata 0-12 Years (10-4Kyu)	GT01	Boys Team Kata 0-12 Years (10-4Kyu)	BT01
Girls Team Kata 0-12 Years (3kyu+ Dan)	GT02	Boys Team Kata 0-12 Years (3kyu+ Dan)	BT02
Girls Team Kata 13-17 Years (10-4 Kyu)	GT03	Boys Team Kata 13-17 Years (10-4 Kyu)	BT03
GirlsTeam Kata 13-17 years (3kyu+ Dan)	GT04	Boys Team Kata 13-17 years (3kyu+ Dan)	BT04
GirlsTeam Kata 13-17 years (3kyu+ Dan)	GT05	Boys Team Kata 13-17 years (3kyu+ Dan)	BT05
Female Team kata+ 18 (3kyu+ Dan)	GT06	Male Team kata+ 18 (3kyu+ Dan)	BT06
Female Veteran Team Kata + 35 years	GT07	Male Veteran Team Kata + 35 years	BT07
KUMITE -INDIVIDUAL			
5-6 Years			
Girls kumite (10 -9 Kyu)	GK01	Boys kumite (10 -9 Kyu)	BK01
Girls Kumite (8-6 Kyu)	GK02	Boys Kumite (8-6 Kyu)	BK02
Girls Kumite (5-3 Kyu)	GK03	Boys Kumite (5-3 Kyu)	BK03
Girls Kumite (3.kyu+ Dan)	GK04	Boys Kumite (3.kyu+ Dan)	BK04
KUMITE- INDIVIDUAL			
7-8Years			
Girls kumite (10 -9 Kyu)		Boys kumite (10 -9 Kyu)	
Girls kumite (8-6 Kyu)		Boys Kumite (8-6 Kyu)	
Girls kumite (5-3 Kyu)		Boys Kumite (5-3 Kyu)	
Girls Kumite (3.kyu+ Dan)		Boys Kumite (3.kyu+ Dan)	
KUMITE- INDIVIDUAL			
9-10 Years			
Girls kumite (10 -9 Kyu)		Boys kumite (10 -9 Kyu)	Code
Girls kumite (8-6 Kyu)	KA25	Boys Kumite (8-6 Kyu)	KA27
Girls kumite (5-3 Kyu)	KA26	Boys Kumite (5-3 Kyu)	KA28
Girls Kumite (3.kyu+ Dan)	KA29	Boys Kumite (3.kyu+ Dan)	KA30

KUMITE-INDIVIDUAL			
11-12 Years -35kg			
Girls kumite (10 -9 Kyu)	KA01	Boys kumite (10 -9 Kyu)	KA05
Girls kumite (8-6 Kyu)	KA02	Boys kumite (8-6 Kyu)	KA06
Girls kumite (5-3 Kyu)	KA02	Boys kumite (5-3 Kyu)	KA07
Girls Kumite (3.kyu+ Dan)	KA03	Boys Kumite (3.kyu+ Dan)	KA08
KUMITE-INDIVIDUAL			
13-14 Years			
Girls kumite (10 -9 Kyu)	KA09	Boys kumite (10 -9 Kyu)	KA13
Girls kumite (8-6 Kyu)	KA10	Boys kumite (8-6 Kyu)	KA14
Girls kumite (5-3 Kyu)	KA11	Boys kumite (5-3 Kyu)	KA15
Girls Kumite (3.kyu+ Dan)	KA12	Boys kumite (3.kyu+ Dan)	KA16
KUMITE-INDIVIDUAL			
15-16 Years			
Female kumite (10 -9 Kyu)	FK01	Male kumite (10 -9 Kyu)	MK01
Female kumite (8-6 Kyu) &(5-3 Kyu)	FK02	Male kumite (8-6 Kyu) &(5-3 Kyu)	MK02
Female kumite (3.kyu+ Dan)	FK03	Male kumite (3.kyu+ Dan)	MK03
KUMITE-INDIVIDUAL			
(10-4.kyu) & (3.kyu+ Dan)			
Female 16-17 Years -45kg(10-4.kyu)	FK04	Male 16-17 Years -45kg(10-4.kyu)	MK04
Female 17-18 years +45kg (10-4.kyu)	FK05	Male 17-18 years +45kg (10-4.kyu)	MK05
Female 16-17 Years -45kg(3.kyu+ Dan)	FK06	Male 16-17 Years -45kg(3.kyu+ Dan)	MK06
Female 17-18 years +45kg (3.kyu+ Dan)	FK07	Male 17-18 years +45kg (3.kyu+ Dan)	MK07
Female +18 Years -50kg10-4.kyu)	FK08	Male +18 Years -50kg10-4.kyu)	MK08
Female +18 Years +50kg 10-4.kyu)	FK09	Male +18 Years +50kg 10-4.kyu)	MK09
Female + 18 Years +50kg (3.kyu+ Dan)	FK10	Male + 18 Years +50kg (3.kyu+ Dan)	MK10
KUMITE-INDIVIDUAL			
(10-4.kyu) & (3.kyu+ Dan)			
Female Veteran Kumite + 35 years	FV01	Male Veteran Team Kumite+ 35 years	MV02
KUMITE – TEAM (10-4 kyu) & (3.kyu+ Dan)			
Girls Team Kumite 7-9 years	GTK01	Boys Team Kumite 7-9 years	BTK01
Girls Team Kumite 10-11 years	GTK02	Boys Team Kumite 10-11 years	BTK02
Girls Team Kumite 12-13 years	GTK03	Boys Team Kumite 12-13 years	BTK03
KUMITE - TEAM			
Female Cadet Team Kumite14-15 Years	FKT01	Male Cadet Team Kumite 14-15Years	MKT04
Female Junior Team Kumite 16-18 Years	FKT02	Male Junior Team Kumite 16-18 Years	MKTO5
Female Senior Team Kumite +18 years	FKT03	Male Senior Team Kumite +18 years	MKTO6

IMPORTANT NOTES

Dress code:

Coaches must be in association tracksuits and clearly display their coaching ID badge. Inappropriate dress, as deemed by the Chief Referee, will be refused access to the competition area. Only coaches adhering to the correct dress code and in possession of a coaching pass will be allowed on the competition area.

All competitors, coaches and supporters are responsible for their own personal safety and belongings. The organisers, officials and staff take no responsibility for the loss, damage or theft of personal items. Furthermore, participants must follow the instructions of the officials and Centre staff.

Contestants must wear a white karate gi without stripes,

Coach: Medical

We record every injury that gives us the slightest concern, however symptoms often occur after the incident and we would ask that the coach or representative informs the medical team of any concerns he or she has at the time of the incident, or any time after, no matter how trivial it may seem.

Insurance: It is the responsibility of each individual, or parent / guardian of a competitor if under 18 years of age, to have their own insurance cover for the event. Please advise your competitors accordingly regarding insurance cover. It is the responsibility of the clubs/coaches to ensure that all competitors are aware of this and have been advised of adequate cover. Association/club parental consent to compete is also required.

This is the responsibility of the association.

Health and Safety issues have been discussed and we try to plan for every eventuality. However, this is a busy tournament and due care and attention is required in all areas. Would all coaches/parents ensure that their children are properly chaperoned. Karate matches are performed in bare feet; please ensure proper footwear is used in the arena and surrounding areas, especially approaching the mats.

Disclaimer: Karate is a martial art and contact sport. People can and do get injured and we cannot accept responsibility for any such injury, loss or accident arising from your participation in our training, competitions or associated activities and ask that you are aware, agree and accept this by entering or giving permission to enter this event. We should also be notified, in writing, of any medical condition that may have relevance to their participation in Karate.

World Karate Federation (WKF) rules shall apply throughout the entire competition.

If you require any further information or assistance, then please contact the Tournament Secretary&organizer KeiranHenderson&Kumaran: *e-mail:*
gojuryukarateclub@gmail.com | Mobile: 07073695881.07713918206

All Competitor & Coach Registration

It is the responsibility of coaches to ensure that all competitors are registered and are in the correct categories. Competitors are only allowed to compete in their own age/weight category and are not allowed to move up a category. Entries will only be accepted via your coach/association and not from individuals.

Entry fees

Competitor	
Individual events	£ 20
<hr/>	
Additional Categories	£10
Team Entries	£15
<hr/>	

The closing date for entries and payment of entry fees is th May 2024

No late entries permitted. Payment should be made at the time of entry. However, if entry fees are not received by the closing date entries will be removed from the draw.

Please ensure that if paying by BACS you have an identifying reference against your payment i.e. club / association name. Please also provide a receipt or confirmation of your BACS payment to the Secretary via gojuryukarateclub@gmail.com

This is the preferred method
of payment.

Bank: Santander
Name: Gojuryu Karate Kobudo
Club Account number: 23137132
Sort code: 09-01-29



Rules of the day

The event will start at 9.00am prompt

A minimum number of **THREE (3)** athletes are required to form a category. If fewer athletes are available for a category, then they will be transferred to a higher category (first by weight And then by age). This process continues by alternatively attempting a higher category, first by Age then by weight, until the athlete can be fitted into a category.

Judges and Referees should arrive at 0900 for briefing and to assist in setup. Competitors in the first categories of the day should be ready to start at 9.30am prompt. For all other categories competitors should be in the arena a minimum of 1 hour prior to category scheduled start time. Should the event run ahead of schedule category start times may be brought forward. Competitor check-in will be carried out prior to each category starting.

Kata 7-9 years may alternate Katas (performing a minimum of 2 different Katas).

Kata 10-13 years may alternate Katas (performing a minimum of 3 different Katas).

Kata 7-11 years. AKA and AO will perform their Kata simultaneously i.e. on an area at the same time.

Kata and Kumite for 14 years and above will be held under WKF rules. WKF rules will be strictly applied in all categories for 15 years and above.

Kumite weigh in : We will operate weight checks. Any competitor found not to be the correct weight for the category they have entered will not be allowed to compete. We cannot move competitors to another weight category if they fail the weight checks. **Teams:** All members of team must be from the same club/association.

Individual and Team KUMITE Rules that will be applied during this competition will be in accordance with those published and as amended from time to time by the World Karate Federation.

A competitor can compete in both his/her weight category and an appropriate open category.

– Weighing in: Athletes that are found over or under the designated weight category will be disqualified.

This also applies for the age category that the athlete should fit in on the day of the championship.

Only a discrepancy of + or – 500 grams will be allowed.

Pre-Athletes rules (5-15 years)

No face contact and skin touch for chest and back. ◦ Techniques allowed:

Duration of bouts:

Category Age group Duration

Male Seniors 21+ years 3 minutes

Female Seniors 21+ years 2 minutes

Juniors and Cadets 14-20 years 2 minutes

Pre-Athletes 8-13 years 1½ minutes

Team events All 2 minutes

STRICTLY NO LATE ENTRIES ON THE DAY.

- 1) In order to ensure the manageability of the tournament and to provide an appropriate level of Competition, the organizers reserve the right to remove and combine categories without notice. The final event categories will be communicated to team coaches following the closing of entries. And competition sheets will be displayed on the walls of the Dojo at the start of the tournament
- 2) All Clubs/Organisations are asked to provide one or more referees/judges if possible, Who's Names Qualifications and contact details (phone and email address) must be entered on the entry Form. They will be given free refreshments throughout the day and a free lunch. Referees/judges must be in full uniform i.e. grey trousers, blue blazer, white short-sleeved shirt, red tie and black shoes.
- 3) All coaches will be issued with a coach badge. Only one coach will be allowed for every 10 competitors. This rule will be strictly applied. Only the official coach (with a badge) may approach the control table for any queries. Competitors and spectators MUST go via their coach for information.
- 4) Coaches must wear their association track suits when entering the tatami area. The association coach will only be allowed in the tatami area when their competitor is fighting or performing kata. Only one coach is allowed per competitor for kumite. Any competitor, coach or representative who behaves discourteously to any member of the refereeing panel may cause the immediate disqualification of their competitor and could ultimately lead to disqualification of their whole team.
- 5) The named coach is responsible for the behavior of all his/her competitors and any spectator accompanying their competitors. He/she is responsible for obtaining parental or guardian permission for entry into the event and checking that their competitors have appropriate insurance, through their respective associations.
- 6) Coaches must be absolutely certain that their competitors are entered into the correct category. It may not be possible to change entries on the day.
- 7) First Aid will be provided on the day by First Aid Cover Limited.
- 8) All jewelry must be removed or covered. Fingernails and toenails must be short. The wearing of metallic teeth braces must be approved by the Chief Referee and Official Medical Representative. If accepted, then the parent/guardian/coach must accept full responsibility should the user be injured.
- 9) All competitors must be fully insured by their association and must have their licenses on hand to be checked if required.
- 10) There will be free parking the day on the premises.

2nd MIDDLESEX OPEN KARATE CHAMPIONSHIPS

ENTRY FORM – INDIVIDUAL ENTRIES

Association Name: Seikatsu Kai	
Contact: Jon Mottram	
Address: Romford and Gidea Park Rugby Club, Crowlands, Crow Lane, Romford, Essex	
Post Code: RM7 0EP	
Telephone: 0779695094o	Email: jonmottram1@hotmail.com
Name of Association Coach: Jon Mottram	

PLEASE COMPLETE ALL DETAILS FOR ALL COMPETITORS[illegible]

I confirm that every competitor listed above has current and up-to-date insurance and has been verified by our Association as being suitable for the category in which they have been entered. I confirm that all the competitors on this sheet have received my advice and accept the following statement: *"The competitor realizes and discharges the organizers and their representatives or agents and all other competitors from all claims that the competitor or their personal representative may have for any injury (however caused) sustained by the competitor and for the loss or damage (however caused) to his personal belongings suffered at any time during the course of the competition or while on the premises at which the Championships are being held."*

Signed:.....Jon Mottram.....COACH

DATE:.....11.05.19.....

2nd MIDDLESEX OPEN KARATE CHAMPIONSHIPS

ENTRY FORM – TEAM ENTRIES

Association Name:	
Contact:	
Address:	
	Post Code:
Telephone:	Email:
Name of Association Coach:	

PLEASE COMPLETE ALL DETAILS FOR ALL COMPETITORS

TEAM KUMITE (F)	CAT No	£	TEAM KUMITE (M)	CAT No	£
	TOTAL	£			
TEAM KATA (F)	CAT No	£	TEAM KATA (M)	CAT No	£
	TOTAL	£		TOTAL	£

GRAND TOTAL	£
--------------------	----------

I confirm that every competitor listed above has current and up-to-date insurance and has been verified by our Association as being suitable for the category in which they have been entered. I confirm that all the competitors on this sheet have received my advice and accept the following statement: *"The competitor realises and discharges the organisers and their representatives or agents and all other competitors from all claims that the competitor or their personal representative may have for any injury (however caused) sustained by the competitor and for the loss or damage (however caused) to his personal belongings suffered at any time during the course of the competition or while on the premises at which the Championships are being held."*

Signed:

.....COACH.....

DATE:.....

[illegible]

Green Lane entrance: follow directions as above but continue straight On at the crossroads by Northwood Underground Station and follow the road past the parade of shops on your left. The Green Lane entrance is then the second entrance on your left by the Sports Centre. Please note that visitors should only use this entrance for open days and other prospective parents' events. All individual visitors should use the Eastbury Road entrance where our main Reception is situated

